

Campbell County School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Breakfast 7-8

Portion Values - Detailed

Page 1

Generated on: 2/26/2020 6:43:52 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 03/02/2020															
Breakfast 7-8	Total														
Cereal Sec	2 Bowls	101	0	0	3.04	0.00	0.0	30	0.0	6	32.4	24.3	0.0	0.00	0.00
Yogurt Danimals	Container	80	5	65	0.00	0.00	150.0	60	0.0	12	4.0	15.0	0.0	0.00	0.00
Cinnamon Sugar	.5 oz	90	0	2	7.53	1.19	142.2	42	0.54	14	0.57	25.6	0.18	0.05	*0.00
Bread	Slice	80	0	125	1.00	0.72	20.0	5	0.0	1	4.0	14.0	1.0	0.00	0.00
Bagel	Bagel	224	0	456	7.16	2.42	134.2	36	0.0	7	10.74	45.63	1.34	0.45	0.00
CREAM CHEESE	1 TBSP	51	15	46	0.00	0.02	14.1	161	0.0	1	0.89	0.8	4.99	2.93	*N/A*
Uncrustable Grape	Sandwich	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
Uncrustable Strawberry	Sandwich	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk Chocolate CCSD	1 Cup	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		466	7	307	6.07	1.62	307.5	388	1.28	52	30.01	85.20	7.38	1.95	*0.00
% of Calories										44.4%	25.8%	73.2%	14.3%	3.8%	*0.0%
Nutrient Guideline		400-550		600										<10.00	

Tue - 03/03/2020															
Breakfast 7-8	Total														
OATMEAL	1 CUP	116	0	9	7.24	2.54	34.4	0	0.0	1	8.13	31.12	3.3	0.62	*0.00
Yogurt Danimals	Container	80	5	65	0.00	0.00	150.0	60	0.0	12	4.0	15.0	0.0	0.00	0.00
Cinnamon Sugar	.5 oz	90	0	2	7.53	1.19	142.2	42	0.54	14	0.57	25.6	0.18	0.05	*0.00
Bread	Slice	80	0	125	1.00	0.72	20.0	5	0.0	1	4.0	14.0	1.0	0.00	0.00
Bagel	Bagel	224	0	456	7.16	2.42	134.2	36	0.0	7	10.74	45.63	1.34	0.45	0.00
CREAM CHEESE	1 TBSP	51	15	46	0.00	0.02	14.1	161	0.0	1	0.89	0.8	4.99	2.93	*N/A*
Uncrustable Grape	Sandwich	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
Uncrustable Strawberry	Sandwich	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		433	5	251	8.18	2.89	224.7	207	0.88	43	15.21	81.95	9.03	2.26	*0.00
% of Calories										39.8%	14.1%	75.7%	18.8%	4.7%	*0.0%
Nutrient Guideline		400-550		600										<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Campbell County School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Breakfast 7-8

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/04/2020															
Breakfast 7-8	Total														
Cereal Sec	2 Bowls	101	0	0	3.04	0.00	0.0	30	0.0	6	32.4	24.3	0.0	0.00	0.00
Yogurt Danimals	Container	80	5	65	0.00	0.00	150.0	60	0.0	12	4.0	15.0	0.0	0.00	0.00
Cinnamon Sugar	.5 oz	90	0	2	7.53	1.19	142.2	42	0.54	14	0.57	25.6	0.18	0.05	*0.00
Bread	Slice	80	0	125	1.00	0.72	20.0	5	0.0	1	4.0	14.0	1.0	0.00	0.00
Bagel	Bagel	224	0	456	7.16	2.42	134.2	36	0.0	7	10.74	45.63	1.34	0.45	0.00
CREAM CHEESE	1 TBSP	51	15	46	0.00	0.02	14.1	161	0.0	1	0.89	0.8	4.99	2.93	*N/A*
Unrustable Grape	Sandwich	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
Unrustable Strawberry	Sandwich	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		426	5	247	6.07	1.62	207.5	222	0.88	46	27.35	78.53	7.38	1.95	*0.00
% of Calories										43.0%	25.7%	73.8%	15.6%	4.1%	*0.0%
Nutrient Guideline		400-550		600										<10.00	

Thu - 03/05/2020															
Breakfast 7-8	Total														
Scrambled Eggs	1 Cup	280	840	280	0.00	3.60	120.0	1000	0.0	0	24.0	0.0	36.0	2.12	0.00
Cereal Sec	2 Bowls	101	0	0	3.04	0.00	0.0	30	0.0	6	32.4	24.3	0.0	0.00	0.00
Yogurt Danimals	Container	80	5	65	0.00	0.00	150.0	60	0.0	12	4.0	15.0	0.0	0.00	0.00
Cinnamon Sugar	.5 oz	90	0	2	7.53	1.19	142.2	42	0.54	14	0.57	25.6	0.18	0.05	*0.00
Bread	Slice	80	0	125	1.00	0.72	20.0	5	0.0	1	4.0	14.0	1.0	0.00	0.00
Bagel	Bagel	224	0	456	7.16	2.42	134.2	36	0.0	7	10.74	45.63	1.34	0.45	0.00
CREAM CHEESE	1 TBSP	51	15	46	0.00	0.02	14.1	161	0.0	1	0.89	0.8	4.99	2.93	*N/A*
Unrustable Grape	Sandwich	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
Unrustable Strawberry	Sandwich	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		517	425	381	4.81	3.42	255.0	704	0.88	42	25.51	67.16	25.38	3.01	*0.00
% of Calories										32.7%	19.7%	52.0%	44.2%	5.2%	*0.0%
Nutrient Guideline		400-550		600										<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

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Campbell County School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Breakfast 7-8

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 03/06/2020															
Breakfast 7-8	Total														
Donut, LongJohn Maple Sec	1 Donut	340	0	460	2.00	1.44	20.0	0	0.0	30	5.0	56.0	11.0	4.50	0.00
Cereal Sec	2 Bowls	101	0	0	3.04	0.00	0.0	30	0.0	6	32.4	24.3	0.0	0.00	0.00
Yogurt Sec	1 Cup	130	0	50	0.00	0.00	150.0	95	0.0	19	12.0	20.0	0.0	0.00	0.00
Cinnamon Sugar	.5 oz	90	0	2	7.53	1.19	142.2	42	0.54	14	0.57	25.6	0.18	0.05	*0.00
Bread	Slice	80	0	125	1.00	0.72	20.0	5	0.0	1	4.0	14.0	1.0	0.00	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Uncrustable Grape	Sandwich	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
Uncrustable Strawberry	Sandwich	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk Chocolate CCSD	1 Cup	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		524	2	420	8.35	2.81	255.3	213	1.13	58	15.87	100.70	8.55	2.51	*0.00
% of Calories										44.4%	12.1%	76.8%	14.7%	4.3%	*0.0%
Nutrient Guideline		400-550		600										<10.00	

Mon - 03/09/2020															
Breakfast 7-8	Total														
Cereal Sec	2 Bowls	101	0	0	3.04	0.00	0.0	30	0.0	6	32.4	24.3	0.0	0.00	0.00
Yogurt Danimals	Container	80	5	65	0.00	0.00	150.0	60	0.0	12	4.0	15.0	0.0	0.00	0.00
Cinnamon Sugar	.5 oz	90	0	2	7.53	1.19	142.2	42	0.54	14	0.57	25.6	0.18	0.05	*0.00
Bread	Slice	80	0	125	1.00	0.72	20.0	5	0.0	1	4.0	14.0	1.0	0.00	0.00
Bagel	Bagel	224	0	456	7.16	2.42	134.2	36	0.0	7	10.74	45.63	1.34	0.45	0.00
CREAM CHEESE	1 TBSP	51	15	46	0.00	0.02	14.1	161	0.0	1	0.89	0.8	4.99	2.93	*N/A*
Uncrustable Grape	Sandwich	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
Uncrustable Strawberry	Sandwich	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk Chocolate CCSD	1 Cup	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		466	7	307	6.07	1.62	307.5	388	1.28	52	30.01	85.20	7.38	1.95	*0.00
% of Calories										44.4%	25.8%	73.2%	14.3%	3.8%	*0.0%
Nutrient Guideline		400-550		600										<10.00	

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Base Menu Spreadsheet

Breakfast 7-8

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 03/10/2020															
Breakfast 7-8	Total														
OATMEAL	1 CUP	116	0	9	7.24	2.54	34.4	0	0.0	1	8.13	31.12	3.3	0.62	*0.00
Yogurt Danimals	Container	80	5	65	0.00	0.00	150.0	60	0.0	12	4.0	15.0	0.0	0.00	0.00
Cinnamon Sugar	.5 oz	90	0	2	7.53	1.19	142.2	42	0.54	14	0.57	25.6	0.18	0.05	*0.00
Bread	Slice	80	0	125	1.00	0.72	20.0	5	0.0	1	4.0	14.0	1.0	0.00	0.00
Bagel	Bagel	224	0	456	7.16	2.42	134.2	36	0.0	7	10.74	45.63	1.34	0.45	0.00
CREAM CHEESE	1 TBSP	51	15	46	0.00	0.02	14.1	161	0.0	1	0.89	0.8	4.99	2.93	*N/A*
Unrustable Grape	Sandwich	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
Unrustable Strawberry	Sandwich	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		433	5	251	8.18	2.89	224.7	207	0.88	43	15.21	81.95	9.03	2.26	*0.00
% of Calories										39.8%	14.1%	75.7%	18.8%	4.7%	*0.0%
Nutrient Guideline		400-550		600										<10.00	

Wed - 03/11/2020															
Breakfast 7-8	Total														
Cereal Sec	2 Bowls	101	0	0	3.04	0.00	0.0	30	0.0	6	32.4	24.3	0.0	0.00	0.00
Yogurt Danimals	Container	80	5	65	0.00	0.00	150.0	60	0.0	12	4.0	15.0	0.0	0.00	0.00
Cinnamon Sugar	.5 oz	90	0	2	7.53	1.19	142.2	42	0.54	14	0.57	25.6	0.18	0.05	*0.00
Bread	Slice	80	0	125	1.00	0.72	20.0	5	0.0	1	4.0	14.0	1.0	0.00	0.00
Bagel	Bagel	224	0	456	7.16	2.42	134.2	36	0.0	7	10.74	45.63	1.34	0.45	0.00
CREAM CHEESE	1 TBSP	51	15	46	0.00	0.02	14.1	161	0.0	1	0.89	0.8	4.99	2.93	*N/A*
Unrustable Grape	Sandwich	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
Unrustable Strawberry	Sandwich	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		426	5	247	6.07	1.62	207.5	222	0.88	46	27.35	78.53	7.38	1.95	*0.00
% of Calories										43.0%	25.7%	73.8%	15.6%	4.1%	*0.0%
Nutrient Guideline		400-550		600										<10.00	

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Breakfast 7-8

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/12/2020															
Breakfast 7-8	Total														
Scrambled Eggs	1 Cup	280	840	280	0.00	3.60	120.0	1000	0.0	0	24.0	0.0	36.0	2.12	0.00
Cereal Sec	2 Bowls	101	0	0	3.04	0.00	0.0	30	0.0	6	32.4	24.3	0.0	0.00	0.00
Yogurt Danimals	Container	80	5	65	0.00	0.00	150.0	60	0.0	12	4.0	15.0	0.0	0.00	0.00
Cinnamon Sugar	.5 oz	90	0	2	7.53	1.19	142.2	42	0.54	14	0.57	25.6	0.18	0.05	*0.00
Bread	Slice	80	0	125	1.00	0.72	20.0	5	0.0	1	4.0	14.0	1.0	0.00	0.00
Bagel	Bagel	224	0	456	7.16	2.42	134.2	36	0.0	7	10.74	45.63	1.34	0.45	0.00
CREAM CHEESE	1 TBSP	51	15	46	0.00	0.02	14.1	161	0.0	1	0.89	0.8	4.99	2.93	*N/A*
Un crustable Grape	Sandwich	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
Un crustable Strawberry	Sandwich	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		517	425	381	4.81	3.42	255.0	704	0.88	42	25.51	67.16	25.38	3.01	*0.00
% of Calories										32.7%	19.7%	52.0%	44.2%	5.2%	*0.0%
Nutrient Guideline		400-550		600										<10.00	

Fri - 03/13/2020															
Breakfast 7-8	Total														
Donut, LongJohn Maple Sec	1 Donut	340	0	460	2.00	1.44	20.0	0	0.0	30	5.0	56.0	11.0	4.50	0.00
Cereal Sec	2 Bowls	101	0	0	3.04	0.00	0.0	30	0.0	6	32.4	24.3	0.0	0.00	0.00
Yogurt Sec	1 Cup	130	0	50	0.00	0.00	150.0	95	0.0	19	12.0	20.0	0.0	0.00	0.00
Cinnamon Sugar	.5 oz	90	0	2	7.53	1.19	142.2	42	0.54	14	0.57	25.6	0.18	0.05	*0.00
Bread	Slice	80	0	125	1.00	0.72	20.0	5	0.0	1	4.0	14.0	1.0	0.00	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Un crustable Grape	Sandwich	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
Un crustable Strawberry	Sandwich	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk Chocolate CCSD	1 Cup	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		524	2	420	8.35	2.81	255.3	213	1.13	58	15.87	100.70	8.55	2.51	*0.00
% of Calories										44.4%	12.1%	76.8%	14.7%	4.3%	*0.0%
Nutrient Guideline		400-550		600										<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
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Campbell County School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Breakfast 7-8

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 03/23/2020															
Breakfast 7-8	Total														
Cereal Sec	2 Bowls	101	0	0	3.04	0.00	0.0	30	0.0	6	32.4	24.3	0.0	0.00	0.00
Yogurt Danimals	Container	80	5	65	0.00	0.00	150.0	60	0.0	12	4.0	15.0	0.0	0.00	0.00
Cinnamon Sugar	.5 oz	90	0	2	7.53	1.19	142.2	42	0.54	14	0.57	25.6	0.18	0.05	*0.00
Bread	Slice	80	0	125	1.00	0.72	20.0	5	0.0	1	4.0	14.0	1.0	0.00	0.00
Bagel	Bagel	224	0	456	7.16	2.42	134.2	36	0.0	7	10.74	45.63	1.34	0.45	0.00
CREAM CHEESE	1 TBSP	51	15	46	0.00	0.02	14.1	161	0.0	1	0.89	0.8	4.99	2.93	*N/A*
Unrustable Grape	Sandwich	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
Unrustable Strawberry	Sandwich	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk Chocolate CCSD	1 Cup	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		466	7	307	6.07	1.62	307.5	388	1.28	52	30.01	85.20	7.38	1.95	*0.00
% of Calories										44.4%	25.8%	73.2%	14.3%	3.8%	*0.0%
Nutrient Guideline		400-550		600										<10.00	

Tue - 03/24/2020															
Breakfast 7-8	Total														
OATMEAL	1 CUP	116	0	9	7.24	2.54	34.4	0	0.0	1	8.13	31.12	3.3	0.62	*0.00
Yogurt Danimals	Container	80	5	65	0.00	0.00	150.0	60	0.0	12	4.0	15.0	0.0	0.00	0.00
Cinnamon Sugar	.5 oz	90	0	2	7.53	1.19	142.2	42	0.54	14	0.57	25.6	0.18	0.05	*0.00
Bread	Slice	80	0	125	1.00	0.72	20.0	5	0.0	1	4.0	14.0	1.0	0.00	0.00
Bagel	Bagel	224	0	456	7.16	2.42	134.2	36	0.0	7	10.74	45.63	1.34	0.45	0.00
CREAM CHEESE	1 TBSP	51	15	46	0.00	0.02	14.1	161	0.0	1	0.89	0.8	4.99	2.93	*N/A*
Unrustable Grape	Sandwich	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
Unrustable Strawberry	Sandwich	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		433	5	251	8.18	2.89	224.7	207	0.88	43	15.21	81.95	9.03	2.26	*0.00
% of Calories										39.8%	14.1%	75.7%	18.8%	4.7%	*0.0%
Nutrient Guideline		400-550		600										<10.00	

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Campbell County School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Breakfast 7-8

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/25/2020															
Breakfast 7-8	Total														
Cereal Sec	2 Bowls	101	0	0	3.04	0.00	0.0	30	0.0	6	32.4	24.3	0.0	0.00	0.00
Yogurt Danimals	Container	80	5	65	0.00	0.00	150.0	60	0.0	12	4.0	15.0	0.0	0.00	0.00
Cinnamon Sugar	.5 oz	90	0	2	7.53	1.19	142.2	42	0.54	14	0.57	25.6	0.18	0.05	*0.00
Bread	Slice	80	0	125	1.00	0.72	20.0	5	0.0	1	4.0	14.0	1.0	0.00	0.00
Bagel	Bagel	224	0	456	7.16	2.42	134.2	36	0.0	7	10.74	45.63	1.34	0.45	0.00
CREAM CHEESE	1 TBSP	51	15	46	0.00	0.02	14.1	161	0.0	1	0.89	0.8	4.99	2.93	*N/A*
Unrustable Grape	Sandwich	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
Unrustable Strawberry	Sandwich	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		426	5	247	6.07	1.62	207.5	222	0.88	46	27.35	78.53	7.38	1.95	*0.00
% of Calories										43.0%	25.7%	73.8%	15.6%	4.1%	*0.0%
Nutrient Guideline		400-550		600										<10.00	

Thu - 03/26/2020															
Breakfast 7-8	Total														
Scrambled Eggs	1 Cup	280	840	280	0.00	3.60	120.0	1000	0.0	0	24.0	0.0	36.0	2.12	0.00
Cereal Sec	2 Bowls	101	0	0	3.04	0.00	0.0	30	0.0	6	32.4	24.3	0.0	0.00	0.00
Yogurt Danimals	Container	80	5	65	0.00	0.00	150.0	60	0.0	12	4.0	15.0	0.0	0.00	0.00
Cinnamon Sugar	.5 oz	90	0	2	7.53	1.19	142.2	42	0.54	14	0.57	25.6	0.18	0.05	*0.00
Bread	Slice	80	0	125	1.00	0.72	20.0	5	0.0	1	4.0	14.0	1.0	0.00	0.00
Bagel	Bagel	224	0	456	7.16	2.42	134.2	36	0.0	7	10.74	45.63	1.34	0.45	0.00
CREAM CHEESE	1 TBSP	51	15	46	0.00	0.02	14.1	161	0.0	1	0.89	0.8	4.99	2.93	*N/A*
Unrustable Grape	Sandwich	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
Unrustable Strawberry	Sandwich	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		517	425	381	4.81	3.42	255.0	704	0.88	42	25.51	67.16	25.38	3.01	*0.00
% of Calories										32.7%	19.7%	52.0%	44.2%	5.2%	*0.0%
Nutrient Guideline		400-550		600										<10.00	

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Campbell County School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Breakfast 7-8

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 03/27/2020															
Breakfast 7-8	Total														
Donut, LongJohn Maple Sec	1 Donut	340	0	460	2.00	1.44	20.0	0	0.0	30	5.0	56.0	11.0	4.50	0.00
Cereal Sec	2 Bowls	101	0	0	3.04	0.00	0.0	30	0.0	6	32.4	24.3	0.0	0.00	0.00
Yogurt Sec	1 Cup	130	0	50	0.00	0.00	150.0	95	0.0	19	12.0	20.0	0.0	0.00	0.00
Cinnamon Sugar	.5 oz	90	0	2	7.53	1.19	142.2	42	0.54	14	0.57	25.6	0.18	0.05	*0.00
Bread	Slice	80	0	125	1.00	0.72	20.0	5	0.0	1	4.0	14.0	1.0	0.00	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Uncrustable Grape	Sandwich	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
Uncrustable Strawberry	Sandwich	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk Chocolate CCSD	1 Cup	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		524	2	420	8.35	2.81	255.3	213	1.13	58	15.87	100.70	8.55	2.51	*0.00
% of Calories										44.4%	12.1%	76.8%	14.7%	4.3%	*0.0%
Nutrient Guideline		400-550		600										<10.00	

Mon - 03/30/2020															
Breakfast 7-8	Total														
Cereal Sec	2 Bowls	101	0	0	3.04	0.00	0.0	30	0.0	6	32.4	24.3	0.0	0.00	0.00
Yogurt Danimals	Container	80	5	65	0.00	0.00	150.0	60	0.0	12	4.0	15.0	0.0	0.00	0.00
Cinnamon Sugar	.5 oz	90	0	2	7.53	1.19	142.2	42	0.54	14	0.57	25.6	0.18	0.05	*0.00
Bread	Slice	80	0	125	1.00	0.72	20.0	5	0.0	1	4.0	14.0	1.0	0.00	0.00
Bagel	Bagel	224	0	456	7.16	2.42	134.2	36	0.0	7	10.74	45.63	1.34	0.45	0.00
CREAM CHEESE	1 TBSP	51	15	46	0.00	0.02	14.1	161	0.0	1	0.89	0.8	4.99	2.93	*N/A*
Uncrustable Grape	Sandwich	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
Uncrustable Strawberry	Sandwich	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk Chocolate CCSD	1 Cup	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		466	7	307	6.07	1.62	307.5	388	1.28	52	30.01	85.20	7.38	1.95	*0.00
% of Calories										44.4%	25.8%	73.2%	14.3%	3.8%	*0.0%
Nutrient Guideline		400-550		600										<10.00	

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Campbell County School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Breakfast 7-8

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 03/31/2020															
Breakfast 7-8															
	Total														
Sunrise Quinoa	1 Cup	640	0	0	16.00	5.76	80.0	20	0.0	4	28.0	124.0	6.0	0.00	0.00
Yogurt Danimals	Container	80	5	65	0.00	0.00	150.0	60	0.0	12	4.0	15.0	0.0	0.00	0.00
Cinnamon Sugar	.5 oz	90	0	2	7.53	1.19	142.2	42	0.54	14	0.57	25.6	0.18	0.05	*0.00
Bread	Slice	80	0	125	1.00	0.72	20.0	5	0.0	1	4.0	14.0	1.0	0.00	0.00
Bagel	Bagel	224	0	456	7.16	2.42	134.2	36	0.0	7	10.74	45.63	1.34	0.45	0.00
CREAM CHEESE	1 TBSP	51	15	46	0.00	0.02	14.1	161	0.0	1	0.89	0.8	4.99	2.93	*N/A*
Uncrustable Grape	Sandwich	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
Uncrustable Strawberry	Sandwich	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		695	5	247	12.56	4.50	247.5	217	0.88	45	25.15	128.38	10.38	1.95	*0.00
% of Calories										25.7%	14.5%	73.9%	13.4%	2.5%	*0.0%
Nutrient Guideline		400-550		600										<10.00	

Weighted Average		486	79	316	7.00	2.54	253.3	342	1.02	48	23.35	85.54	11.23	2.29	*0.00
										89.3%	19.2%	70.4%	20.8%	4.2%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	486		400 - 550	100%				
Cholesterol (mg)	79							
Sodium (mg)	316		600					
Fiber (g)	7.00							
Iron (mg)	2.54							
Calcium (mg)	253.3							
Vitamin A (IU)	342							
Sugars (g)	48	39.69%						
Vitamin C (mg)	1.02							
Protein (g)	23.35	19.23%						
Carbohydrate (g)	85.54	70.43%						
Total Fat (g)	11.23	20.80%						
Saturated Fat (g)	2.29	4.25%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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